

ADDENDUM – A
FREEFLYING RANDOMS 2005
PERFORMANCE REQUIREMENTS & JUDGEMENT CRITERIA

BODY

Grips can be taken and docks can be placed on specified body parts, as follows:

- head: the part of the body above the neck.
- shoulder: the upper part of the body between the neck and the upper arm.
- torso: the body, including the shoulder, and parachute, but excluding arms, legs, head and neck.
- arm: the whole arm from the parachute harness, including upper arm, lower arm, wrist and hand. The shoulder is excluded.
- upper arm: the part of the arm between the shoulder and the elbow.
- lower arm: the part of the arm between the elbow and the wrist.
- hand: the part of the arm past the wrist.
- leg: the whole leg from the parachute harness, including the upper leg, knee, lower leg and foot.
- upper leg: the part of the leg between the leg strap of the parachute harness and the knee.
- lower leg: the part of the leg between the knee and the ankle.
- foot: the part of the leg past the ankle.
- sole: that part of the foot on which a person stands.

For the compulsory sequences, no grips are allowed on any part of the parachute harness.

For freeflying records, grips and docks are valid, if taken on the arm, the leg, the torso or the head.

The order of the sentences of the descriptions of the Randoms does not implicate an order of performance of the requirements.

RANDOMS

FF-1. Double Spock

One Performer is in head-up orientation, the other Performer is in head-down orientation.
Each Performer takes a grip on the top of the head of the other Performer.

FF-2. Vertical Compressed

One Performer is in head-up orientation, the other Performer in head-down orientation.
Both Performers take a grip on the leg of the other Performer.
The right hand of each Performer must be on the right leg of the other Performer (or left hand on left leg)

FF-3. Sole-to-Sole

One Performer is in head-up orientation, the other in head-down orientation.
A sole-to-sole dock is performed.

FF-4. Double Grip Vice-Versa

One Performer is in head-up orientation, the other Performer is in head-down orientation, The Performers demonstrate a two-handed, hand-to-hand grip with each Performer's right hand in a grip with the other Performer's right hand.

FF-5. Double Grip Head-down

Both Performers are in head-down orientation.
The Performers demonstrate a two-handed, hand-to-hand grip with each Performer's right hand in a grip with the other Performer's left hand.

FF-6. Totem

Both Performers are in head-up orientation.

One Performer demonstrates a feet-to-shoulder dock, a separate foot on each side of the head of the other Performer.

The left foot of the top Performer must be on the left shoulder of the other Performer and the right foot of the top Performer must be on the right shoulder of the other Performer.

FF-7. Horizontal Compressed

One Performer is in flat orientation, the other Performer is in back-down orientation.

Both Performers take a grip on the leg of the other Performer.

The right hand of one Performer must be on the left leg of the other Performer. (or vice-versa)

FF-8. Double Sit-to-Feet Grip

Both Performers are in head-up orientation.

One Performer demonstrates a two-handed, hand-to-feet grip. The left hand must be on the right foot of the other Performer, the right hand must be on the left foot of the other Performer.

FF-9. Star

Both performers are in flat orientation.

The Performers demonstrate a two-handed, hand-to-hand grip with each Performer's right hand in a grip with the other Performer's left hand.

FF-10. Single Grip Head-Up

Both performers are in head-up orientation.

The performers demonstrate a hand-to-hand grip. The left hand must be on the left hand of the other Performer or the right hand must be on the right hand of the other Performer.